

Meadowbrook

COMMUNITY COMPLEX

Fall 2005



**SEATTLE PARKS
AND RECREATION**

www.cityofseattle.net/parks

Community Center

10517 35th Ave. NE
(206) 684-7522

Swimming Pool

10515 35th Ave. NE
(206) 684-4989

Teen Annex

10750 30th Ave. NE
(206) 684-7523

COMING SOON!

Easier registration online for most
community center classes!

Watch our web site for more
information in the very near future.

Meadowbrook COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125
(206) 684-7523

E-Brochures are available
Visit us online at www.seattle.gov/parks

Hours of operation

Monday, Wednesday, & Friday, 1 p.m. to 9 p.m.
Tuesday & Thursday, 10 a.m. to 9 p.m.
Saturday 10 a.m. to 5 p.m. (starting September 10)

Holiday closures

September 5 – Labor Day
November 11 – Veteran's Day
November 24 & 25 – Thanksgiving Holiday
December 26 – Christmas Holiday

Program registration

Walk-in registration begins September 6

Program dates

September 5-December 31

Professional staff

Ken Bounds, *Superintendent*
Christopher Williams, *Operations Director*
Maureen O'Neill, *North Recreation Manager*
Tom Ostrom, *North Senior Recreation Coordinator*
Lee Bicknell, *Center Coordinator*
Pam Van De Weghe, *Assistant Center Coordinator*
Jeron Gate, *Teen Development Leader*
Belinda Boston, *Recreation Attendant*
Tomi Jo McCarrier, *Recreation Attendant*
Marlene Oliver, *Building Maintenance*

Our Advisory council is always looking for new members. Meetings are held (on the Second Thursday evening of every month).

GENERAL INFORMATION

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the Second Tuesday evening of every month) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like

to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our [facility rental brochure](#).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Check Out These SPECIAL Events . . .



Ice cream Social

Sept. 9, 2005
7:00 – 8:30 p.m.

Come get to know your neighbors over ice cream and board games! Meadowbrook has several board games to choose from or bring your own! You can also help us make 1001 red, white and blue cranes in remembrance of September 11th.

Family Feud

Sept. 23, 2005 **7:00 – 8:30 pm**

Bring your family and friends to Meadowbrook to challenge staff and others to a trivial game of Family Feud! Brush up on your pop culture facts.

Dinner & a Movie

1st Friday of the month
Movie will begin at 6:00 p.m.
Pizza \$1.50/slice; Soda \$.50

October: The Adventures of Sharkboy and Lavagirl (PG)

November and December's movies will be announced on October 20th and November 20th respectively.

Tiny Goblins Carnival

October 22
11:00 am – 1:00 pm

Ghosts and goblins, fairies and princesses are all invited to this carnival designed for children under 5.

*Scare free fun
with games and prizes
for everyone!*

Volunteers needed!



Argosy Christmas Ship

Saturday, December 3 **7:30 pm – 7:50 pm**
Matthews Beach NE 93rd & 51st NE

Start off the holiday season with hot apple cider or coffee by the bonfire at Matthew's Beach. Check out the beautiful parade of boat lights during this annual event. For more information on sailing aboard an Argosy boat, call Argosy at 206-623-1445.

Lighted Pond Walk

Friday, December 16 **6:30 pm – 7:30 pm**

Holiday Spirit abounds in the luminary walk through the Meadowbrook Pond. Candles provide the only light, the birds and beavers will provide the background noise. After the walk, stop by Meadowbrook to enjoy the evening concert as well as some refreshments.

Puget's Sound

Sept. 16, Oct. 21, Nov. 18
All concerts begin at 6:30 p.m.
\$5-10 suggested donation
Details at www.livelocalmusic.org

Puget's Sound Productions, a 501(c)(3) non-profit dedicated to helping local musicians and audiences find one another, begins its third concert season at its flagship series here at Meadowbrook!! Come (re)discover the joy of live music in your community every third Friday beginning in September with some of the region's finest acoustic musicians. Families welcome!



We are happy to report that your support for the Levy produced outstanding results in the first two years in all program areas:

- Thousands of youth and teens participated in environmental education programs;
- Hundreds of seniors had increased access to fitness programs;
- Nearly 1,000 grade school kids participated in Learn to Swim programs;
- More than 8,000 students participated in Zoo education programs;
- 30 tons of litter were removed from our parks and natural areas;
- 20 acres of new park land and open space were acquired, and
- work was started on 54 park improvement projects, 12 were completed.

Your support of the Levy has made this possible. Thank you!

Ken Bounds

Parks Superintendent



PRESCHOOL PROGRAMS

Art Attack

Session 1: Ages 3-5 \$47
Wednesday 10:00 am – 12:00 pm
September 28 – October 19

Session 2: Ages 3-5 \$47
Thursday 1:30 pm – 3:30 pm
October 27 – November 17

See front desk if interested. Do your children love to make a mess with their art work? We will let your children go wild with paint, clay and miscellaneous art supplies. Each week our instructor will set up a different art project and let your child's imagination go wild. Please dress your child in clothing that you won't mind getting dirty.

Instructor: Jess Reuling



Arts Escape: Ages 4-5

September 28 – November 16 \$100
Wednesdays 1:00 pm – 3:00 pm

For the artistic and adventuresome preschooler, Arts Escape allows students to dabble in a wide range of arts, trying something new each session. We'll tackle culinary arts, sculpture, painting, theatre, music and more over eight weeks this fall. Please dress children in clothing that permits free movement and can get a bit messy in the artistic process. On fair weather days, we may seek inspiration outside; so sturdy shoes are a must!

Instructor: Jess Reuling

Playroom

Monday/Friday 10:00 am - 1:00 pm
Wednesday/Thursday 5:00 pm – 8:00 pm

Other times may be available – please call
\$15 unlimited usage from September 6 –
December 30
\$2 Drop-in fee

The Meadowbrook Community Center has a great playroom for you and your youngster to play. We have a full kitchen, puzzles and building blocks to work on small motor control as well as a castle and small climbing structure to work on large motor skills.

Please help clean up after your child!



Little Tykes Play Gym

Tuesday/Wednesday 10:00 am – 12:30 pm
Parents and children ages 2-5
\$15 unlimited card from September 6 –
December 30
\$2 Drop-in fee

The Meadowbrook Community Center has added some new toys and trikes to make our gym even better! The gym is reserved for all the littler people and their parent or caregiver. Balls, mats, a hipity hop and waffle balls are available. Bring your own clean riding toy. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!



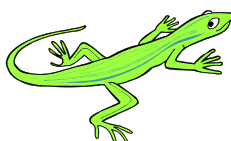
Preschool 2005/2006

The 2005/2006 preschool registration will begin on April 26th at 10:00 am. There is a \$30 non-refundable registration/supply fee due at the time of registration. Tuition will be as follows:

Geckos – Full month \$225 / Short month \$195
Frogs – Full month \$185 / Short month \$160
Tadpoles – Full Month \$115 / Short month \$95

Meadowbrook Gecko

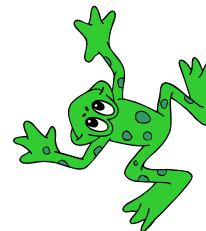
Ages 4 – 5
Monday – Thursday 1:00 – 4:00 pm



This class will focus on preparing your child for Kindergarten. The curriculum will include pre-reading and writing skills, math concepts, socialization, and basic Spanish words and phrases.

Frogs
Ages 3½ - 5
Monday/Wednesday/Friday
9:00 am – 12:00 pm

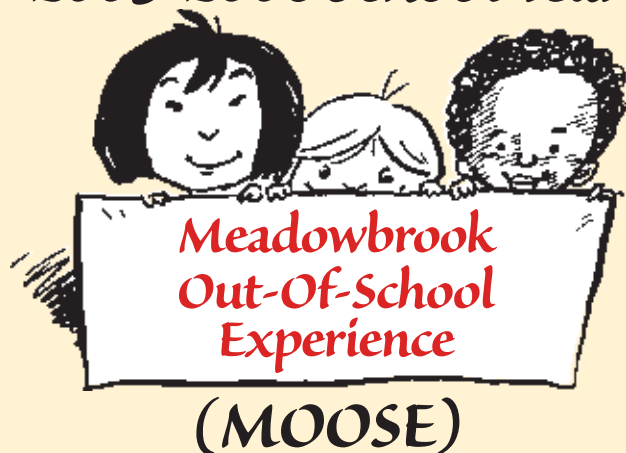
Our Preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate his/her needs.



Tadpoles
Ages 2½ - 3½
Tuesday/Thursday 10:00 am – 12:00 pm



This class designed for the first time student, will help your child transition from home to the world of friends and social play. Your child will experience nature, art, science, outdoor play, story time, music and drama.



5 - 12 yr. Olds Monday – Friday
(Late Pick-up fee is \$1.00 minimum)

Fun, creative, and safe! This before and after school program, is filled with activities. Instead of staying home, come join us for games, arts and crafts and indoor sports.

The Seattle Parks Department in conjunction with the community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable. Out-Of-School days are not included in monthly registration fees. Teacher-in-service days and snow days are \$27, and holiday camps are on page 7. There is a \$1per minute late pick up fee for children picked up after 6:00 pm. If fee is not paid at time of pick-up, the balance will be added to the next months bill. There is also a \$20 late payment fee for tuition paid after the 20th of the month. Registration for April 19th at 6:00 pm at which time a \$30 deposit towards September tuition is required.

2005/06 PRICES	AM Care 7 – 9 am	PM Care 3 – 6 pm
5 days/week	\$150	\$230
4 days/week	\$145	\$220
3 days/week	\$110	\$165
2 days/week	\$75	\$110
1 day/week	\$40	\$55

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Sorry, we cannot take drop-in participants. You must register for the specific days of the week you wish to attend.

Transportation

Children attending school within 6 blocks of the community center will walk to/from school with a staff person. Children attending a Seattle Public School further than 6 blocks but within the “cluster” that includes the community center will use Public School bus transportation. Parents of children with special needs should consult with the community center staff

CHILD CARE/ CLASSES

Professional Development Day

Ages 5 – 12

October 14

\$35

7:00 a.m. – 6:00 p.m.

The Meadowbrook Out-of-School Experience will offer an all day camp during this professional development day. Students need to bring a sack lunch. The center will provide a morning and an afternoon snack. Children will participate in arts & crafts, gym games, and other organized activities as well as have the opportunity for free choice play.

Preschool Holiday Break

Ages 3 – 5

Tuesday/Thursday

December 20 – December 29

\$65

9:00 a.m. – 12:00 noon

Need to get errands accomplished? We have a solution for you. The Meadowbrook staff will lead your preschooler in arts and crafts, story time, active play in the gym and more. Children must be potty trained.

Holiday Camp

Meadowbrook is offering a great camp for kids (grades K-5) The week will be packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the complex.

December 19 – December 23

\$135

December 27 – December 30

\$108

Registration begins November 20

Middle School Camp

Meadowbrook will offer a special camp for middle schoolers. The campers will go ice skating, bowling and spend some time at the new teen center.

December 19 – December 23

\$135

December 27 – December 30

\$108

Meadowbrook Overnight

Ages 8 - 12

December 9

\$45

7:30 p.m. – 10:00 a.m.

Grab an evening of shopping or just relaxing at home while your children enjoy themselves at this amazing overnight. The Meadowbrook staff will show your child a night to remember. The evening will start off with a swim in the Meadowbrook pool followed by movies, games in the gym and late night snack. If your child sleeps, they will be awoken by 9:00 for a light breakfast.

Our Camps provide fun and interesting activities for your child!

YOUTH CLASSES

Snack and Treats Around the World

Ages 6 – 10 \$60

October 27 – November 17

Thursday

4:30 – 5:45 pm

We will be traveling the world with our stomachs in this class, creating tasty snacks, meals, drinks and desserts! Be ready to eat a lot and try new foods from all corners of the earth. Please notify center staff of any dietary restrictions at time of registration.



Saturday Fun

Ages 6 -10 \$27/session

Saturdays

10:00 am – 3:00 pm

Session 1: October 1

Tye-Dye*

*Bring your own shirt

Session 2: October 15

Make Your Own Jewelry

Session 3: October 29

Pumpkin Carving

Session 4: November 5

Picture Frame

Session 5: November 19

Pie Baking

Session 6: December 3

Paper Mache

Session 7: December 17

Cookie Baking

As the weather starts to get chillier and your children start to get cabin fever, Meadowbrook is offering a solution. Brenna will lead your child in a project followed by a swim in the pool. Please send your child with a lunch and swim gear. Please pre-register so we have enough supplies.

Robzilla's Magic Land of Pencils & Paint

Ages 6 -12 \$110

Monday/ Wednesday

5:00 – 6:30 pm

Session 1: September 19 – October 19

Session 2: October 24 – November 23

Your child will explore the magic behind basic drawing skills including: basic cartooning, drawing from life, introduction to painting, and mixing colors. Each child will keep their own sketchbook which they will make in class.



American Sign Language Class

All ages \$90

\$78 second family member discount

Monday

6:00 – 7:30 pm

September 19 – December 12

Learn American Sign Language through interactive signing, video tapes, and communication to Deaf and Deaf Blind people. Take the class as a family and you can all practice at home.



DANCE & MUSIC

Flute Lessons

New Day and Time to Come \$120

8 thirty minute classes per session

Private flute lessons for ages 5 and up. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Whether you are in a band or symphony or just want to enjoy playing the flute, these lessons can enrich your musical experience. Scales and songs will be taught. 8 classes per session. Instructor: Carol Crowell

Piano Lessons

Tuesday/Thursday/Friday 3:30 – 8:15 pm \$120

Private piano lessons for ages 5 and up. These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. Eight classes per session. Instructor: Jeff Pettijohn

Stringed Instruments Private lessons

New Day and Time to Come

\$15 individual lesson

Meadowbrook staff member Wes Weddell, a performing musician in his 'spare time' (& founder of the Puget's Sound concert series at Meadowbrook), offers private instrument lessons for guitar (most styles), bass, mandolin, & perhaps other stringed instruments (make an offer. . .). Students should have their own instruments. Contact Wes or the front desk for suggestions or to arrange lessons. Eight classes per session.

Musical Improvising

Ages 11 -13 \$25

Saturday

10:00 am – 12:00 pm

November 19

*Participants must be at least a second year student in private lessons in any instrument. Learn what improvising is, when and how to use it! Participants will learn different techniques to develop their improvisatory skills.

Composition

Ages 8 -10 \$25

Saturday

10:00 am – 12:00 pm

October 15

*Participant must be able to play an instrument and read music at an elementary level. ** Bring instrument

Does your child have aspiration to be the next Mozart, Bach or Handel? This class will lead them in the right direction. Participants will learn fundamentals of songwriting including: melodic development, accompaniment patterns, song form, rhythmic structures.

Oboe Lessons

Tuesday/Thursday \$15/half hour lesson

The Oboe has a reputation of being the ill wind that no one blows well! If you are an oboe enthusiast and want to become a better player, reed maker and musician overall why not take a private lesson? Lessons should be fun and interactive and not only make you a more proficient instrumentalist and reed maker, but also include aspects of theory and history that will foster an understanding of how music is structured and how it relates to the world making practicing music a more enriching and rewarding experience. Students should provide their own instruments.

Instructor: Taina Karr



YOUTH SPORTS

Introductory Karate

Ages 7 & up
\$22/youth/\$34 adult
Mon/Wed
6:30-7:30 pm
September 28 – October 24
August 29 – September 26
October 26 – November 21
November 23 – December 21

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30-8:30 pm.



Indoor Nerf Soccer

Ages 5 – 6
Registration begins August 22
Practices begin the week of September 19
Games begin September 30 – November 4

\$35

Flag Football

Ages 6 – 17
Practices and game times to be announced
Registration information will be available in mid-August
Teams are formed with boys and girls of the same age group. Practices are scheduled to begin in the month of September. This is a no tackle sport. **Volunteer Coaches are needed!**

\$30

Girls Volleyball

Ages 10 – 17
Practices and game times to be announced
Registration information will be available in mid-August
Passing, setting, hitting and serving are the skills you will learn in this challenging and exciting sport. Practices are scheduled to begin in September. **Volunteer Coaches are needed**

\$30

Youth Basketball

Ages 8 – 17
Practice and games to be announced
Registration will begin October 8

\$55

Join the fun and excitement of this popular team sport. Teams are formed for boys and girls ages 8 – 17. Please make sure that you register early, as age groups fill up quickly. Practices begin in November. Games begin in January and end in March.

Volunteer Coaches are Needed!
Preliminary coaches meeting
October 11 at 7:30 pm
Participant meeting November 8 at 7:00 pm

Short Shots Basketball

Ages 6 – 7
Practice times to be announced
Registration begins November 12

\$40

Get your child started in learning the fundamentals of basketball. This class is designed to be non-competitive and teach a “team” concept. This class meets once a week and ends with a jamboree.

Volunteer Instructors are Needed!
Jamboree is march 24 & 25



MEADOWBROOK TEEN CENTER

10750 30th Ave NE • Seattle, WA 98125 (located on southeast corner of Nathan Hale High School, entrance on 30th Ave NE & 107th)

Tues – Thursday 2:30 pm – 9:00 pm; Friday 2:30 pm – 11:00 pm, Saturday 7:00 pm – 11:00 pm

To inquire or register for classes, stop by the Meadowbrook Teen Center or call 206.684.7523 or email mbrktlc@seattle.gov

(All programs are free of charge unless otherwise noted)

Wild Waves

August 23rd 10:00 am – 6:00 pm \$14

Teen Advisory Council Meetings

Every other Thursday 6:00 – 8:00 pm

Be apart of the Meadowbrook Teen Advisory Council and earn your service-learning credits for school. Learn to use your voice to affect those around you in a positive way. Join the Meadowbrook Teen Advisory Council and together we can empower ourselves and the community around us.

Service Learning Hours

Meadowbrook Teen Center is working closely with High School students who have service learning criteria or who are interested in helping their community. If interested, stop by the Meadowbrook Teen Center to pick up your application form today!

Friday Matinee Movie

2nd Friday of Each Month 4:00 pm – 6:00 pm

Starting September 9th

Tired of paying late fee charges and rental fees? Look no further as the Meadowbrook Teen Center will cater to your movie hunger. Joins us on selected Friday and watch new releases and even turn back the clock with classic movie titles.

Homework Center

Tuesday– Thursday 3:00 pm – 5:00 pm

Starting September 7th

Having trouble studying at home with your little brother or sister annoying you? Spend your time at the Teen Center after-school and get all your school work completed. *(If interested in tutoring your peers, stop by the Teen Center front desk and ask for more info)*

Hip-Hop Dance

Begins September 13th Class Time TBD

(Program Subject to Enrollment Cost)

Introduction to Hip Hop dance class will explore the skills and techniques that street-funk, jazz, isolations and break dancing are all founded upon. Learn how to move like Missy Elliot, Justin Timberlake, Janet Jackson and Usher. All levels of experience will enjoy the opportunity to express themselves through diverse urban movement.

Late Night

Every Friday & Saturday 7:00 pm – 11:00 pm

(Friday Nights: Middle School Night;

Saturday Nights: High School Night)

Providing our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The late night program is open to youth in middle school and high school who are interested in making a positive change in themselves and their community. Activities include, but are not limited to: arts & crafts, volleyball, dances, cooking, video games, food, basketball and more!

Art Attack

Begins Sept 20th Class Time TBD

This class will provide an opportunity to learn or strengthen your art skills in drawing, painting, and other media. What makes this unique is its parallel focus on developing and strengthening your creativity.

Teen Unity Mural Project

Begins in September

The Meadowbrook Teen Center is looking for inspiring artists to help a team assist in the commissioning of a 40ft mural. The mural will hang on the inside of the Teen Life Center as a tribute to their generation. If interested stop by the front desk and sign up.

Drop in Activities

Tuesday–Thursday

In addition to the many structured programs offered, the Meadowbrook Teen Life Center will also offer some drop in activities to include....Foosball, Ping-Pong, Pool, Xbox, Dominoes, Cards, Music, and many other fun activities.

OPENGYM

Until November 8

Tuesday & Friday 2:30 pm – 4:30 pm & 5:30 pm – 8:30 pm

BADMITION/VOLLEYBALL

Tuesday & Thursday 4:00 pm – 6:00 pm

INDOOR SOCCER

Wednesdays 4:00 pm – 6:00 pm

PING-PONG LEAGUE

Begins October 4

POOL LEAGUE

Begins October 4

Cost: \$3 per participant for each league

Music Studio

Opens in October (Studio is subject to user fees)

Interested in the Music scene? Can you sing, rap, produce or recite poems? If you answered yes to any of the above questions, come sign up to be apart of the Meadowbrook Teen Center music movement. The Teen Center has a state of the art music room and equipment for use by the teens who want to further their career in the music industry or to even just learn how it all goes down.

Environmental Education Program

Times TBD

(Programs are subject to enrollment costs)

The Meadowbrook Teen Center will be offering environmental opportunities for school or service learning credit as well as for teens just interested in the preservation of our planet. If interested stop by the front desk to learn more....

***Trips may include: River Rafting, Day Hikes, Camping Trips, Rock Climbing, etc.

Meadowbrook Teen Center Snack Bar

Opening in August 3:00 pm – 5:00 pm & 6:00 pm – 8:00 pm

Want service learning hours? Want to learn how to run a successful small business? Join the Meadowbrook Teen Advisory Council and be apart of history. This ongoing program is sure to bring the entrepreneurial spirit outside of you.

Culinary Arts

Beginning in September (Limited spaces available)

The culinary arts program is designed to expose teens to the realms of the food-service industry. The program will provide a comprehensive overview of the skills necessary to facilitate employment and gain knowledge in the areas of food-service management, safety and sanitation.

Resume Workshop

Every 1st Wednesday of the month starting October 5th

(No Class in December)

Time TBD

This class will help you enhance your resume and application building skills. The class will also teach interview techniques to help you excel in all your future employment endeavors.

Keyboarding 101

Beginning in September (Limited spaces available)

This program is designed to interest and educate teens in classical and other forms of music genres. The lessons are for the beginner and are hands-on, self-paced, and interactive. Join the class and see if you have what it takes to become the next Mozart!

Two Turntables & a Microphone

Beginning in September (Limited spaces available)

Teens will learn the basics skills techniques in mixing, scratching, cutting, and much more...

Seattle Mariners Ticket Fundraiser

You can purchase a ticket(s) to a Mariners game for \$5.00

Tickets can be purchased at Meadowbrook Community Center

(Tickets are \$1.00 w/ \$2.00 going to the RBI (Reviving Baseball in the Inner-Cities) Program & \$2.00 going to the Meadowbrook Teen Center program)

Game Dates are: **September 12th, 13th**, vs. Los Angeles Angels of Anaheim

Proceeds benefit the RBI Baseball/Softball Program and the Meadowbrook Teen Center.

If you have any further questions you can contact Jeron Gates at the Meadowbrook Teen Center @ 206.684.7523 or via email mbrktlc@seattleu.gov

ADULT CLASSES

"T-N-T CLUB" (Try New Things Club)

Adults with Disabilities (18 - older)

A weekly social club enjoy fun activities and dine on their sack lunch/drink

September 20 – December 6

Tuesdays 10:30 am - 1:00 pm

Location: Meadowbrook CC Social Room

Cost: Free

For pre-registration, please call the office at (206) 684 - 4950

Dance

Swing Tuesdays 7:00 – 8:00 pm \$54

September 3 – October 11

October 18 – November 15

Join this class to learn a fun and simple swing style for beginners and experienced dancers. Learn to swing to music from Elvis to Glenn Miller to Brian Setzer. Partners Preferred.

Ballroom Dance Tuesdays 8:00 – 9:00 pm \$54

September 3 – October 11

October 18 – November 15

For beginning students as well as the experienced, this class will give you the confidence to dance at an upcoming wedding or your next night out. We'll focus this class on learning the waltz, tango, and fox trot. No experience needed. Partners preferred.

Instructor for both dance classes: Diane Conroy

American Sign Language Class

All ages

Monday

6:00 – 7:30 pm

September 29 – December 12

\$90; \$78 second family member discount

Learn American Sign Language through interactive signing, video tapes, and communication to Deaf and Deaf Blind people. Take the class as a family and you can all practice at home.

Yoga for Everyone

Wednesday 6:30 – 7:30 pm

\$30

Session 1: September 14 – October 19

Session 2: October 26 – November 30

Our Hatha yoga instructor has studied yoga for 12 years. This class includes stretching, meditation, and toning of the body. Wear loose, comfortable clothing. Instructor: George Hoder

Badminton

Friday & Saturday 7:45 – 10:45 pm

\$3/Visit

Badminton is located at the Meadowbrook Teen Life Center. Players need to bring their own rackets and birdies.

Kendo

Monday

7:00 – 9:00 pm

The art of Japanese swordsmanship. This martial art teaches discipline in mind and body during the feudal days of samurai to its highest level. Instructor: Murosako Yoshitsugu sensi is one of the 5 masters chosen for the book "The Warriors' Paths". For more information or to sign up for the class, please call 425-488-0568 or email patmurosako@earthlink.net Now located at the Meadowbrook Teen Life Center

Introduction to Reiki

November 16 7:00 – 9:00 pm

\$25

Find out the fascinating history and theory behind the simple method of Reiki, an ancient Japanese system of self-healing based on the age-old concept of Ki(energy). Participants will practice giving and receiving a self-treatment in class.

Jazzercise

Adult/Senior

Classes Ongoing Mon/Wed/Fri

9:15 – 10:15 am

Unlimited month, \$48/\$33

15 punch, \$63/\$48 – 5 Punch, \$23/\$18

This dance fitness class is designed to accommodate all fitness levels. Exercise to the latest music and great oldies...there is something for everyone! Bring your own mat for floor work: hand/leg weights are optional. Class uses a punch card. Instructor: Madelaine Jensen

ADULT CLASSES



Intro To Personal Fitness

Required for Fitness Room

September 13	10:00 am
September 21	7:30 pm
October 3	7:30 pm
October 4	10:00 am
October 24	7:30 pm
November 9	7:30 pm
November 10	10:00 am
November 28	7:30 pm
December 6	6:00 pm
December 8	10:00 am
December 19	7:30 pm

\$10

Tues.
Wed.
Mon.
Tues.
Mon.
Wed.
Thurs.
Mon.
Tues.
Thurs.
Mon.

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates or times work for you, please ask the front desk to schedule you a private or semi-private class (\$35 private). Instructor: Kathy Batson

Meadowbrook Fitness Room

Weight Room Hours:

Mon/Wed/Fri*

Tuesday/Thursday

Saturday



9:15 am – 8:45 pm
10:00 am – 8:45 pm
10:00 am – 5:00 pm

Fitness Room Pass:

Month pass \$15; 10 punch (good for 3 months) \$15

Fitness Room Drop-In Fee: \$2

Make Meadowbrook Recreation Complex your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room and its state of the art equipment. Passes are valid from the date of purchase and are non-transferable and non-refundable.

Participants must complete the "introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.

*Must have a card to enter before 1:00 pm on M/W/F.

Jumpstart to Fitness

\$87

Have you been trying to get into the exercise groove but are unsure what exercise program is right for you? Meadowbrook has the opportunity to try out several different types of exercise programs. You will receive a punch card that will allow you to meet with a personal trainer for one hour, who will demonstrate the proper usage of the fitness room machines and help you to design your own program. You will also be entitled to visit a jazzercise, Pilates, NIA, and a fitness water class (Masters or Water Exercise). You will also receive either the month or 10 punch fitness room pass.

Introductory Karate

Monday/Wednesday

\$22/youth; \$34/adult

September 28 – October 24

August 29 – September 26

October 26 – November 21

November 23 – December 21



Ages 7 & up

6:30-7:30 pm

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 8:00-9:00 pm.

Open Gym

Adult Fee: \$2 Drop-In or \$25 card for the quarter

Monday/Wednesday

Basketball

1:00-3:00 pm

Tuesday*/Thursday

Basketball

6:30-8:30 pm

Monday/Wednesday

Volleyball

6:30-8:30 pm

All gym times are subject to a \$2 drop-in fee. Evening gym times will discontinue in November. There will be no afternoon gym times from December 19 – December 30.

*3 on 3 League \$325 per player, rotating games, running clock determined by number of teams.

Pilates

\$56/session (8 classes)

*Punch card - 4 punch \$30 / *Drop-in \$8

Monday/Wednesday

6:00 pm - 7:00 pm

September 7 – October 3

October 5 – October 31

November 2 – November 28

November 30 – December 28

**Saturday classes

9:00 am - 10:00 am

*Please come 15 minutes if you are an inexperienced student.

Find out where you're weak, where you're strong, where your "core" is and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body. The Pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. Dennis has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching he pays attention to the individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities.

**Due to building closure on Saturdays, pre-registration is required for the Saturday class. You may register in person or over the phone. The cost for the Saturday class is \$9.50.

Pilates

\$28/session (4 classes)

\$30 for a 4 punch card (expires 12/31/05)

Thursdays

7:00 – 8:00 pm

August 25 – September 15

September 22 – October 18

October 20 – November 10

November 17 – December 15

Pilates has soared in popularity as an exercise program because it really works. This class starts with the basic beginning mat program which focuses on strengthening the abdominals, the center of the body from which all movement generates. Maria Gitana incorporates movement gathered from a lifetime of dance experience to create a program focused on anti-aging.

NIA Movement (Neuromuscular Integrative Action)

Tuesday and Thursday

6:00-7:00 pm

\$56 a session

\$60 for an 8 punch card (expires 12/31/05)

\$30 for a 4 punch card (expires 12/31/05)

\$8 for a drop-in

August 28 – September 15

September 20 – October 13

October 18 – November 10

November 15 – December 13

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. The movements learned enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more. Instructor: Erin Storey

SENIOR ADULT PROGRAMS

N.E. REGISTRATION INFORMATION

CLASSES/SPECIAL EVENTS

Jayla McGill, Recreation Specialist (206) 386-9106

e-mail: jayla.mcgill@seattle.gov

Summer Quarter Dates: Oct 3 – Dec 16 (11 wks)

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

Registration begins Sept 19th. Class dates/times are subject to change.

Mail Checks payable to "SAAC": Sr Adult Pgrms, Attn: Jayla, 8061 Densmore Ave N, Seattle, 98103.

NE Division Sites:

Green Lake CC 7201 E Green Lk Dr N
Laurelhurst CC 4554 NE 41st St
Meadowbrook CC 10517 – 35th Ave NE
Ravenna-Eckstein CC 6535 Ravenna "Ave" NE
Magnuson CC/Bldg 47 7110 – 62nd Ave NE
Magnuson Brig/Bldg 406 6344 NE 74th St

"The Sounds of Music", a choral group under the direction of Ellen Ratner, seeks new members. No experience necessary. All ages welcome. Contact: Kay Thode 206-935-3796.

Tuesdays 11:00 – 12:00 pm

Lake City Community Center, 12531 – 28th Ave NE

SENIOR AEROBICS

\$20-1 day week

Feel better with upbeat fitness! Certified instructors.

J. Shearer	Mon	10:15 am	Ravenna-Eckstein
L. Haynes	M/W	9:30 am	Magnuson Gym
J. Shearer	Thur	9:00 am	Laurelhurst
L. Haynes	Fr	9:30 am	Ravenna-Eckstein

BODY CONDITIONING

\$25-1 day week

Dynabands / free weights for over-all strength conditioning.

P. Cannon	Mon	10:00 am	Meadowbrook
C. Lorenz	Thurs	10:00 am	Meadowbrook
L. Allen <i>New Time!</i>	Thur	10:00 am	Green Lake

PILATES

\$25-1 day week

Want to strengthen your stomach, lower back; improve balance & release stress? This fitness class is for you!

Y. Lasso	Tues	11:30-12:30 pm	Ravenna-Eckstein
Y. Lasso	Thur	6:30-7:30 am	Ravenna-Eckstein

LIFETIME FITNESS

\$20-1 day week

Aerobic fitness designed for seniors; includes standards for measured progress. Taught by certified instructor.

C. Kriofske	Tu/Th	9-10 am	Mgs/Bldg 406/Viewridge
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YOGA & MEDITATION

\$25-1 day week

Gentle stretching to keep limber and build muscles. All skill/fitness levels.

J. Reed	Tues	8:00 am	Laurelhurst
J. Reed	Tues	10:15 am	Mgs/Bldg 406/Viewridge
J. Reed	Wed	9:00 am	Meadowbrook
TBA	Fri	9:30 am	Meadowbrook

TAI CHI (Wu Style) \$25-1 day week

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel	Wed	10:00 am	Green Lake
J. Proebstel	Mon	11:45 am	Mgs/Bldg 406/Viewridge
*J. Proebstel	Fri	1:00 pm	Mgs/Bldg 406/Viewridge

***Intermediate/Continuation of 1st class, learn more complex skills.**

PICKLEBALL

\$1.00 drop-in fee per session

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please pre-register by calling 206-386-9106.

Mon/ <i>Beginning</i>	11:30-1 pm	Ravenna-Eckstein
Tues/ <i>Beginning</i>	11:00-1 pm	Magnuson/Gym
Thur	10-11:55 am	Meadowbrook
Thur/ <i>Beginning</i>	12:05-2 pm	Meadowbrook

LINE DANCING

\$20/quarter

Get out on that dance floor and move to the music! Great for body & soul! No experience partner needed.

J. McGill	Wed	8:45 am	Ravenna-Eckstein
J. McGill	Fri	9:30 am	Mgs/Bldg 406/Viewridge

GREEN LAKE WALKING CLUB

\$5.00/6 weeks

Wed 10:00 am Oct 12-Nov 16
Seattle Parks & Recreation / Swedish Medical Center bring you a walk program for all fitness levels. Meet at Green Lake Community Center, stretch as a group; then walk around Green Lake. Set a walk goal; no-host lunch on last day.

WATERCOLOR

\$60/quarter

Calling all artists – past, present & future! Beginners: here's that opportunity you've been waiting for! Join our informal, fun group. Bring paint supplies.

E. Smith	Thur	12:00-2:00 pm	Ravenna-Eckstein
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LIFE STORIES

Oct 3 – Nov 21

Free/8 wks

Learn to write stories about your life; for family, friends, yourself, others. All ages welcome; no previous story writing required. Instructor available before and after class for individual questions.

M. Levensky	Mon	6:30 – 8:30 pm	Meadowbrook
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MEADOWBROOK BOOK CLUB

Meet once a month to discuss a book provided by the Seattle Public Library. **Pre-register: 206-386-9106.**

Thurs	11:00 – 12:00 pm	Free
October 20	"An Unexpected Light" by Jason Elliot	
November 17	"Things Fall Apart" by Chinua Achebe	
December 15	"Walking Across Egypt" by Clyde Edgerton	

WORKSHOPS

Pre-register at least one week ahead by calling 206-386-9106.

Refreshments served.

Financial Planning, Senior Updates

Free

Join us for an informative workshop to discuss many issues affecting seniors; low rates of return versus risk; tax efficient investing and more. Presented by Dave Asplund of Asplund Financial Group.

Oct 12	Wed	11:00 – 12:00 pm	Magnuson/Bldg 406/Viewridge Rm
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Dealing With Diabetes

Free

Strategies for management of Type 2 Diabetes are offered by a Swedish Medical Center spokesperson.

Oct 22	Wed	10:00 – 11:00 am	Green Lake
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Long-Term Care Planning

Free

This workshop will take you from A to Z in the area of long-term care. Learn the risks, costs and how to prepare for and manage them. Presented by Dave Asplund of Asplund Financial Group.

Dec 6	Tues	10:30 – 11:30 am	Green Lake
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GAMES

New! Drop-In Senior Pool \$2.50+\$1 each way/Van Ride

Great pool play on 7 professional quality tables. All skill levels welcome. In partnership with the Ballroom & Wallingford Sr. Ctr. **Sign up by calling 206-461-7825.**

Mondays	3:00-4:30 pm	The Ballroom/456 N 36th St
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CHESS CLUB

Free

Join enthusiasts for a drop-in game of strategy and skill.

Fridays	1:00-5:00 pm	Green Lake
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DROP-IN CARDS

Free

Play a variety of games for fun!

Fridays	10:45-12 pm	Mgs/Bldg 406/Hawthorn Hills
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INTERMEDIATE BRIDGE

Dates/Fee/TBA

Learn to play contract bridge for FUN. Register by mail only to Laurelhurst CC. Questions: call 206-684-7529.

G. Weaver	Thurs	1:00-2:00 pm	Laurelhurst
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OPEN BRIDGE GROUP

Free

Join us for drop-in party bridge. Questions: 684-8832.

Thurs	9:45-12 pm	Mgs/Bldg406/Hawthorne Hills
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Meadowbrook Pool

If you're not wet, we're not happy!

Meadowbrook Swimming Pool

10515 35th Ave NE
Seattle WA 98125
(206) 684-4989
TDD only (206) 233-7061

Fall 2005 Front Desk Hours:

Monday through Friday..... NOON-8:00PM
Saturday 7:00AM-6:00PM
Sunday Closed

Closures:

Veteran's Day November 11, 2005
Thanksgiving November 24-25, 2005

Professional Staff:

Kathy Whitman Aquatics Manager
Janet Wilson Coordinator
Scott Ferry Assistant Coordinator
Michael Wiles Pool Operator
Jody Bartee PPT Cashier
Tiffany Jordan, Molly Boyd,
Adam Swarm Senior Lifeguards
And a bunch of other really great people!

Fees & Admission Information:

Under 1 year..... FREE
Youth ages 1-18 \$2.50
Adults ages 19-64..... \$3.50
Senior Adults ages 65 and better \$2.50
Special Populations..... \$2.50
Water Fitness Classes..... \$4.50/\$2.75 (Sr.)
Masters Workout \$4.50/\$2.75 (Sr.)

Swim Tickets:

FAST Pass..... \$45.00/\$35.00 (Sr, Youth, Spec Pop)
Recreational Punch Card \$20.00 (\$22.00 value)
Fitness Punch Card..... \$30.00 (\$33.00 value)

Equipment Rentals (all prices include tax):

Towels..... \$0.50
Showers..... \$3.50
Lockers..... \$0.25

Have your next party at Meadowbrook Pool!

We offer three different party packages, so there is sure to be one that will fit your budget. See page 16 for details.

RECREATIONAL SWIMMING

Adult & Senior Swim

Mon-Sat Noon-1:30PM
Tue & Thurs* 9:00-10:00PM

Adult/Senior Swim: Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming. ***FastPass or Recreational Punch Card required.**

Lap Swim

Monday-Friday (EMLS)* 6:00-7:30AM
Mon/Wed/Fri/Sat 5:30-6:30PM
Saturday 7:00-8:30AM

Early Morning Lap Swim: (EMLS) 3 doublewide lanes (slow, medium, and fast). ***FastPass or Recreational Punch Card required.**

Lap Swim and Saturday Morning: 4 single wide lanes (very fast, fast, and 2 medium lanes) and 1 double wide lane for slow lap swimming.

3 Lane Lap Swim & Pool Playland

Mon/Wed/Fri 2:30-3:30PM

A "gentle" public swim featuring water toys like the little slide and noodles. Especially good for younger kids and their big people.

Family Swim (with lap lane available)

Tues & Thu 7:00-8:00PM
Saturday Morning 9:30-10:30AM
Saturday Afternoon 4:30-5:30PM

Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

Friday Fun Nights

Fridays..... 7:30-8:30PM

Spend your Friday nights at Meadowbrook Pool! See back page for list of events. Every Friday night there will be something different! Regular admission and height/age requirements apply.

Public Swim

Friday..... 4:00-5:00PM
Monday*..... 7:30-8:30PM
Saturday (w/ lap lane)..... 1:30-3:00PM

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult into the pool. Not all float toys allowed. *Deep end closes at 8:00PM.

WATER FITNESS CLASSES

Deep Water Exercise for Seniors

\$4.50 Adult/\$2.75 Sr. Adult

Mon/Wed/Fri1:30-2:15PM

We call this “exercise that feels good.” A deep water class using resistance/flotation equipment.

High Energy Deep Water Exercise

\$4.50 Adult/\$2.75 Sr. Adult

Mon/Wed.....8:00-8:45PM

Saturday 8:30-9:15AM

A deep water class using resistance/flotation equipment.

Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music.

Water Aerobics

\$4.50 Adult/\$2.75 Sr. Adult

Tue & Thurs.....8:00-9:00PM

Exciting water routines that stretch and tone your body and burn fat. **Beginners welcome!** Great music, fun teacher and a “feel good” workout!

Adapted Water Exercise

\$4.50 Adult/\$2.75 Sr. Adult

Tue & Thurs.....1:30-2:30PM

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

“Masters” and Triathlon Workout with Stroke Refinement training

\$4.50 Adult/ \$2.75 Senior Adult or Youth

Mon/Wed/Fri6:30-7:30 PM

We offer a structured, specialized, and fun workout focusing on stroke technique, aerobic conditioning, and open water swimming. If you are a first time triathlete or a lap swimmer who wants to take it up a notch, we will help you with your form and your stamina. If you are a seasoned masters swimmer, come get a challenging and engaging practice.

SWIMMING LESSONS

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

Family Lesson...great price!

For 2 adults and 2 children under 6 years of age. The whole family gets in on the safety and basic skills for swimming.

3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1



student to teacher ratio. Prerequisite: at least one session of Tots or Family Lesson.

Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

Our Lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6-17. We have slightly modified these skills in the earlier levels to be more challenging and provide a smoother transition between levels. We use a station method of teaching which promotes more individual attention for all our students. And above all, we emphasize safety, fitness, and fun in our lessons!

If your child has not taken lessons before please sign up for the Level 1-3 time slot and we will evaluate your swimmer.

- **Level 1—Introduction to water skills:** getting comfortable with the face in the water and with floating and kicking on front and back.
- **Level 2—Fundamental aquatic skills:** front gliding and crawlstroke to turning over and kicking on the back.
- **Level 3—Stroke development:** crawlstroke, backstroke, treading water, and diving.
- **Level 4—Stroke improvement:** adds breaststroke, butterfly, and elementary backstroke to the previous skills.

- **Level 5—Stroke refinement:** adds sidestroke, and longer distances and more refinement of the previous strokes.
- **Level 6—Personal water safety:** increased mastery of form and endurance in all the strokes plus safety and rescue techniques.

Stroke Refinement and Triathlon Training

Mon/Wed/Fri.....6:30PM

This class is geared towards adults or older kids wanting to improve their swimming for the purposes of triathlons

or competition. Additional time given at the end of instructions for practice.

Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. **For additional Special Populations programs call 684-4950.**



**If you're not wet,
we're not happy!**

MEADOWBROOK POOL FALL-AT-A-GLANCE 2004

10515 35th Avenue NE • (206) 684-4989

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
06:00 AM	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim		06:00 AM
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30		06:30 AM
07:00 AM						Lap Swim	07:00 AM
07:30 AM						7:00-8:30	07:30 AM
08:00 AM						Deep Water EX	08:00 AM
08:30 AM	Seattle Public Schools					8:30-9:30	08:30 AM
						Family Swim	
						9:30-10:30	
						Lessons	
						10:30-12:00	
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult swim	Adult Swim	12:00 PM
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:30 PM
01:00 PM							01:00 PM
01:30 PM	Deep WX	Adapted WX	Deep WX	Adapted WX	Deep WX	Public Swim	01:30 PM
	1:30-2:15	1:30-2:30	1:30-2:15	1:30-2:30	1:30-2:15	1:30-3:00	
02:00 PM	Lessons		Lessons		Lessons		02:00 PM
02:30 PM	Pool Playland	A.S.A.P.	Pool Playland	A.S.A.P.	Pool Playland		02:30 PM
03:00 PM	3 Lane Lap	After School	3 Lane Lap	After School	3 Lane Lap		03:00 PM
	2:30-3:30	Activity	2:30-3:30	Activity Program	2:30-3:30		
03:30 PM	Lessons	Program	Lessons		Public Swim	Lessons	03:30 PM
04:00 PM	3:30-5:30	Excel	3:30-5:30	Excel	4:00-5:00	3:00-4:30	04:00 PM
04:30 PM		4:00-5:30		4:00-5:30		Family Swim	04:30 PM
05:00 PM						4:30-5:30	05:00 PM
05:30 PM	Lap swim	Lessons	Lap swim	Lessons	Lap Swim	Lap Swim	05:30 PM
06:00 PM	5:30-6:30	5:30-7:00	5:30-6:30	5:30-7:00	5:30-6:30	5:30-6:30	06:00 PM
06:30 PM	Masters		Masters		Masters	Party Rentals	06:30 PM
07:00 PM	6:30-7:30	Family Swim	6:30-7:30	Family Swim	6:30-7:30	see pg. 16 for	07:00 PM
		7:00-8:00		7:00-8:00		details	
07:30 PM	Public Swim		Lessons		Friday Fun		07:30 PM
	7:30		7:30-8:30		Night		
08:00 PM	Deep WX / P S	Water Exercise	Deep Water Ex	Water Exercise	7:30-8:30		08:00 PM
08:30 PM	8:00-8:45	8:00-9:00	8:00-8:45	8:00-9:00			08:30 PM
09:00 PM		Adult Swim		Adult Swim			09:00 PM
09:30 PM		9:00-10:00		9:00-10:00			09:30 PM

2005 Fall Schedule—September 6–December 31, 2005

Meadowbrook Pool will be closed in observance of Veteran's Day, Nov. 11 and Thanksgiving, Nov. 24-25. There will be no classes on Saturday afternoon, October 8.

SWIMMING POOL LESSON SCHEDULE—FALL 2005

SESSION ONE	CLASS	DAY	TIME	DATES	# OF CLASSES	FEE
	Tots	Monday	1:30–2:00PM	Sept 12–Nov 14	10	\$45.00
		Tuesday	6:30–7:00PM	Sept 13–Nov 15	10	\$45.00
		Wednesday	11:30AM–Noon	Sept 14–Nov 16	10	\$45.00
		Thursday	6:30–7:00PM	Sept 15–Nov 17	10	\$45.00
	Family	Saturday	11:30–Noon	Sept 17–Nov 19	10	\$45.00
	3 Years Old	Monday	5:00–5:30PM	Sept 12–Nov 14	10	\$70.00
		Wednesday	5:00–5:30PM	Sept 14–Nov 16	10	\$70.00
		Friday	1:30–2:00PM	Sept 16–Nov 18	9	\$63.00
	Kinders (4 and 5 year olds)	Monday	2:00–2:30PM	Sept 12–Nov 14	10	\$45.00
		Monday	4:30–5:00PM	Sept 12–Nov 14	10	\$45.00
		Tuesday	6:00–6:30PM	Sept 13–Nov 15	10	\$45.00
		Wednesday	2:00–2:30PM	Sept 14–Nov 16	10	\$45.00
		Wednesday	4:00–4:30PM	Sept 14–Nov 16	10	\$45.00
		Thursday	6:00–6:30PM	Sept 15–Nov 17	10	\$45.00
		Saturday	10:30–11:00AM	Sept 17–Nov 19	10	\$45.00
	Youth: Levels 1-3 (6 years and older)	Monday	4:00–4:30PM	Sept 12–Nov 14	10	\$45.00
		Tuesday	5:30–6:00PM	Sept 13–Nov 15	10	\$45.00
		Wednesday	4:30–5:00PM	Sept 14–Nov 16	10	\$45.00
		Thursday	5:30–6:00PM	Sept 15–Nov 17	10	\$45.00
		Saturday	11:00–11:30AM	Sept 17–Nov 19	10	\$45.00
		Saturday*	4:00–4:30PM	Sept 17–Nov 19	9	\$40.50
	Youth Level 4-6 Must pass level 3	Monday	5:00–5:30PM	Sept 12–Nov 14	10	\$45.00
		Tuesday	6:30–7:00PM	Sept 13–Nov 15	10	\$45.00
		Wednesday	5:00–5:30PM	Sept 14–Nov 16	10	\$45.00
		Thursday	6:30–7:00PM	Sept 15–Nov 17	10	\$45.00
		Saturday	11:30AM–Noon	Sept 17–Nov 19	10	\$45.00
	Special Pops	Saturday*	3:00–3:30PM	Sept 17–Nov 19	9	\$40.50
	Private Instruction	Mon–Fri	3:30–4:00PM	Sept 13–Dec 16	See pg. 16 for more info.	
		Saturday*	3:30–4:00PM	Sept 18–Dec 17		
	Swim Team Prep	Monday	3:30–4:00PM	starts Sept 12	Drop-in	\$4.50 each time
		Wednesday	3:30–4:00PM	starts Sept 14	Drop-in	\$4.50 each time
		Friday	3:30–4:00PM	starts Sept 16	Drop-in	\$4.50 each time
	Springboard Diving	Monday	4:30–5:00PM	Sept 12–Nov 14	10	\$45.00
		Tuesday	6:00–6:30PM	Sept 13–Nov 15	10	\$45.00
	Adults	Wednesday	7:30–8:00PM	Sept 14–Nov 16	10	\$45.00
		Friday	2:00–2:30PM	Sept 16–Nov 18	9	\$40.50

*There will be no classes on Saturday afternoon, October 8. Meadowbrook Pool is hosting the Amputee Fitness Event. Pool closed on Veteran's Day, Friday, Nov. 11

SESSION TWO	CLASS	DAY	TIME	DATES	# OF CLASSES	FEE
	Kinders	Mon/Wed	4:00PM	Nov 28–Dec 14	6	\$27.00
		Tue/Thurs	6:00PM	Nov 29–Dec 15	6	\$27.00
		Saturday	10:30AM	Dec 3–Dec 17	3	\$13.50
	Youth 1-3 (6 years old and up)	Mon/Wed	4:30PM	Nov 28–Dec 14	6	\$27.00
		Tue/Thurs	5:30PM	Nov 29–Dec 15	6	\$27.00
		Saturday	11–11:30AM	Dec 3–Dec 17	3	\$13.50
	Advanced	Mon/Wed	5:00PM	Nov 28–Dec 14	6	\$27.00
		Tue/Thurs	6:30PM	Nov 29–Dec 15	6	\$27.00
		Saturday	11:30AM	Dec 3–Dec 17	3	\$13.50
	Tots	Tuesday	6:30PM	Nov 29–Dec 13	3	\$13.50
	Family	Thursday	6:30PM	Dec 1–Dec 15	3	\$13.50
	3 year olds	Monday	5–5:30PM	Nov 28–Dec 12	3	\$21.00
		Wednesday	5–5:30PM	Nov 30–Dec 14	3	\$21.00
		Friday	1:30–2:30PM	Dec 2–Dec 16	3	\$21.00

Meadowbrook Pool

If you're not wet, we're not happy!

One to One Swimming Lessons

One student: ½ hr. / \$25.00

Two students: ½ hr. / \$35.00

Private lessons are offered Monday/Wednesday/Friday at 3:30PM and Saturday at 3:30PM. We also have spots on Friday afternoons at 5:00PM. Space is limited. Three (3) classes minimum required when signing up. Registration begins during Walk-In Registration.

STEPS TO REGISTER FOR SWIMMING LESSONS

- **Open Priority Registration**, for folks currently enrolled, will be done during the last lesson.
- **Walk-In Registration** for remaining classes will be **Monday, August 29 from 6:00–8:00PM.**
- **Phone-In Registration** done with **VISA, MasterCard** or **American Express** begins **Tuesday, August 30 at 1:00PM.**

Friday Fun Nights at the Pool

Spend your Friday nights here at Meadowbrook Pool!

Every Friday evening from 7:30–8:30 we will have special swims that will offer fun for the whole family.

Children swimming without adult supervision must be 6 years old or 4 feet tall. Good behavior is a must!

September 10: Back to School Party!

September 16: Root Beer Floats and Float Toys

September 23: Dive-in Movie Night

Plus more...every Friday Night!

Don't Miss These!

October 28: Spook the Pool

We focus on fun and swimming rather than scaring anyone out of their pants. Lots of games and prizes that are fun both in and out of the water! Please remember, any swimmers under 4' tall or younger than 6 years should be in the water with an adult.



October 29: Really Spooky Teen Swim

Saturday, 7:00–9:00PM

Fourth Annual Polar Bear Swim-Matthew's Beach

Sunday, January 1 • Noon

Get a fresh start on the new year! Polar Bear Patches will be given to those who brave the waters at high noon. This swim is a Free Family Event hosted by the Meadowbrook Advisory Council. Bring the family for a bracing dip in Lake Washington. Hot refreshments to follow. **Free!**



Pool Parties

Super Deluxe Pool Parties... You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and an hour lobby party with help from our "party guards," really cool goodie bags, table cloths, party plates, napkins, forks and juice box for each child. Cost is \$202.00. Additional participants are only \$8.00 per child. **Times offered:** **Saturdays after 6:30 or Sundays beginning at 12:00 Noon.**

Do-it-yourself Parties... Prices start at \$115.00 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$160.00 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for their own clean up. **For more information please come by or call 684-4989 between Noon–8:00PM, Monday–Friday**

Pool Parade! New party package just in time for summer birthdays and other special occasions! On Saturdays only, for up to 10 kids, your group gets a private room at the community center for one hour and then we "parade" down the hallway to go swimming from 1:30–3:00PM at the pool's public swim! Two spacious rooms have been reserved for parties, starting at 12:30–3:00PM or 1:30–4:00PM. **Cost: \$65.00. Call Pool for details.**

